



# Division of Aging & Disability Services

## 2023 Annual Report

# From the Director

This year has been busy. We offered approximately 49 group fitness classes and 26 art and music classes each week. We have maintained an online presence with fitness classes still televised on LexTV, and some educational classes offered as hybrid which has helped seniors stay connected even at home. There is nothing better than the walls of our centers bursting at the seams. This year our average daily attendance is up 35% over last year. Many days we hit 300 plus, in September of the 20 program days 11 of them averaged 310 per day.

The number of newly registered participants is 25% higher this year. Of the 1181 new participants 73% of them have already participated in at least one activity. Last year of the 943 that joined only 55% had participated.

Our division offers senior adult programs in four locations throughout Lexington. There are three part-time satellite centers; the Charles Young Center which is located on the east side of the city, the Eldercrafters program on the west side, and the Bell House near downtown. The full-time Lexington Senior Center is on the southeast side. All provide educational, recreational and social activities for Fayette county residents aged 60 years or older.

We spent part of 2023 working with EOP/Champlin Architects on the design of the New Senior and Therapeutic Recreation Center. We will include construction estimates in our FY25 budget request. This additional satellite center will be located in Shillito Park off Reynolds Road close to the fire station..

## Overview

The philosophy of the Division of Aging and Disability Services is based on the premise that aging is a normal developmental process. Human beings need peers with whom they can interact and who are available as a source of encouragement and support. All people have the right to a voice in determining matters in which they have a vital interest. This division provides a variety of outreach services to seniors supporting them as they age, as well as connecting seniors and persons with disabilities to the valuable resources in their community.

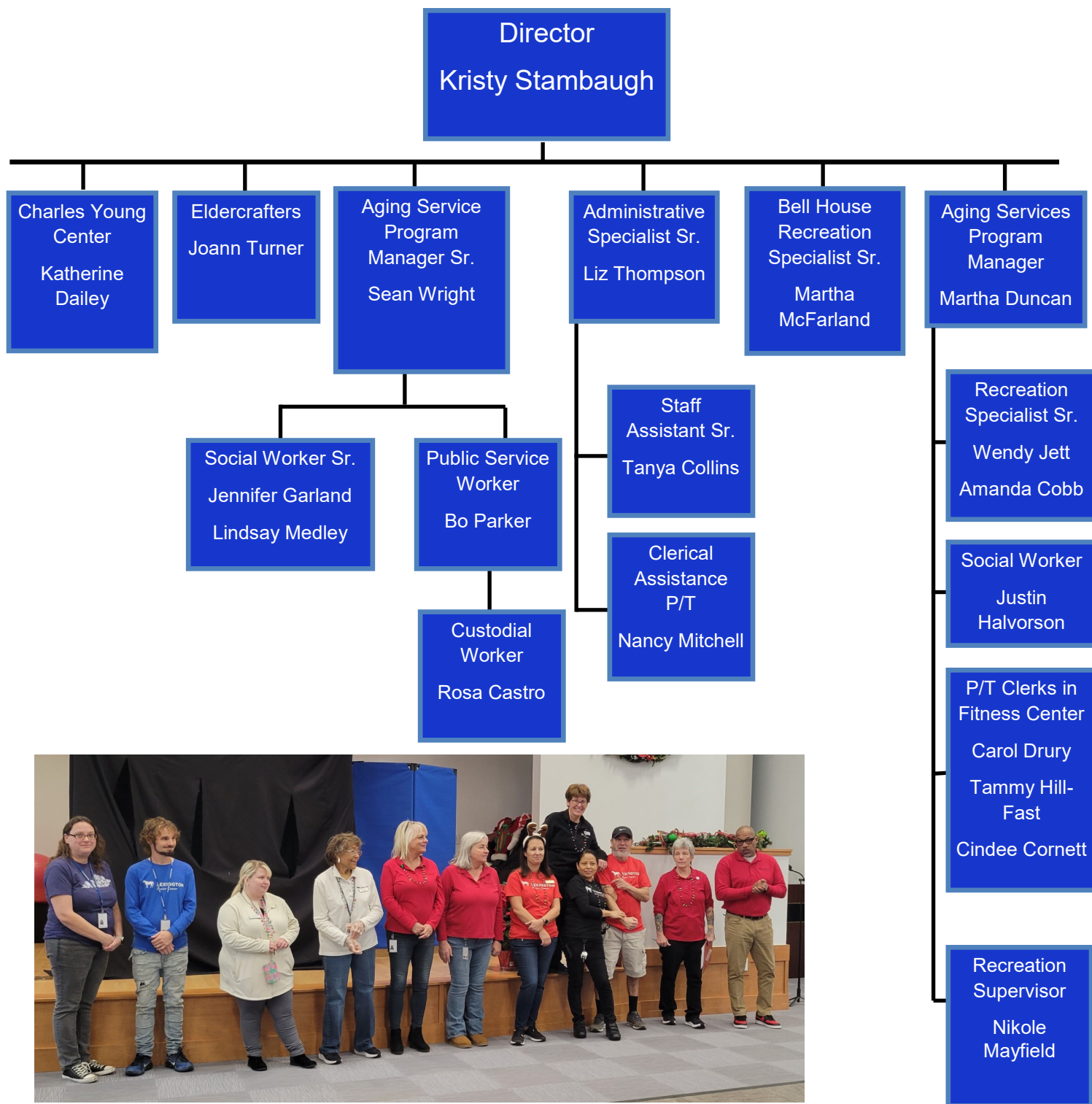
The mission of the senior centers is to be a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence, and encourage their involvement in the community

By providing a safe and inviting environment, the four senior centers enable participants to join in various activities. They spend less time at home alone and more time in the community, making meaningful connections with peers and participating in enjoyable activities.

Aging Services reaches out to seniors in the community in a number of ways. A monthly newsletter, *The Messenger*, is published and emailed to 4162 addresses, mailed to 3,760 homes, and more than 1,000 are printed for participants to pick up at the senior centers each month .The newsletter is also posted on the city's website. At any time, seniors can access the city website and view the webpage for the Lexington Senior Center and the satellite centers where they can find information about activities and programs.

# Aging and Disability Services

## Organizational Chart





## The Basics

- 33,000 square feet
- Open Monday - Friday, 8 a.m. to 4:30 p.m.
- 13 full-time employees, 2 part-time program employees, 4 part-time clerks
- Fleet of 4 vehicles

"I appreciate that everyone is welcoming, that there is a mix of people and something for Everyone."

### Designated program spaces:

- 2 art rooms
- 2 group fitness rooms
- Equipped fitness room
- 2 classrooms
- Dining room/multi-purpose
- Library
- Café
- 2 outdoor patios



# Lexington Senior Center

## 2023

The Lexington Senior Center is home to a variety of activities and services for all Fayette County residents age 60 and older.

57% joined for activities and classes

26% joined for socialization

60% learned about the centers from family or friends

\*\*\*Taken from 90 day and 1 year outcome survey

### TOTAL NEW PARTICIPANTS

IN 2023

# 1180

928 have participated in at least one activity since joining

### GENDER

74% FEMALE

26% MALE



### DISABILITIES REPORTED

Cardiovascular 223

Diabetes 131

Neurological 70

Respiratory 54

Low vision/No Vision 15

Deaf/Hearing Deficit 9

# 2928

Different participants

# 259

Average daily attendance

### ETHNICITY

9.6% African American

2.1% Asian-American

69.1% Caucasian

.9% Asian Pacific Islander

.9% Hispanic

.5% Native American, Armenian, Cuban American

16.9% Unknown



### AGE OF PARTICIPANTS

1.2% 50 - 59

33.7%% 60 - 69

44.5% 70 - 79

13.1% 80 - 84

7.4% 85+ years old

### LANGUAGES

#### SPOKEN

English Korean

Arabic Fe'Fe'

Russian Chinese

Thai Spanish



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195 Life Lane, Lexington, KY 40502  
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## LEXINGTON

# Activities at a Glance

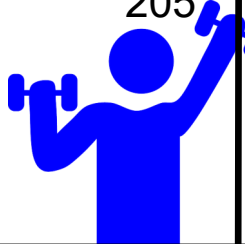
2023

Below represents the number of unique participants in a sample of classes offered at Life Lane in 2023.

## Exercise/Wellness

**(1697 different seniors participated 54,573 times)**

Equipped Fitness Room	811
Get Up & Go	734
Beat, Drum, Boogie	433
World of Dance	391
Active Aging (seated)	332
CH.OGA (seated yoga)	281
Strength and Stability	275
Yoga	205



## Education

**(881 different seniors participated 3,998 times)**

Technology assistance	232
New Member Orientation	152
History (hybrid class)	80
ESL	21

## Recreation

**(1113 different seniors participated 20,830 times)**

Library	385
Puzzle Tables	198
Pickleball Instruction	157

## Cards and Games

Hand & Foot	66
Bid Euchre	62
Mahjong	37
Bridge	33
Dominos	24

## Social Events

**(1352 different seniors participated 18,903 times)**

Socializing	1058
LexPhil Concerts (2)	311
Billiards	176
Bingo	164
Elvis In Concert	136



## Art and Music Classes

Offered in 7 week sessions, these are the only classes that require registration and payment for participation.

Classes offered	137
Spots available in classes	1222
Spots filled in classes	1166
People on waitlists	164

### Class Registration

60% - Registered in person

40% registered online

### Unique participants in a sample of classes offered in 2023

Piano	164
Wheel Throwing	111
Water Color	101
Beginning Charcoal	39

### Holiday Open House Attendance

July 4th	161
Christmas	124
Halloween	109
Veteran's Day	59

## Group Fitness

49 group fitness classes offered each week, class size range from 20 - 40 participants.

Recorded exercise classes can be found on YouTube and LexTV.

## Equipped Fitness Center

811 participants utilized the equipped fitness center, with an average of 52 seniors per day.





Aging Services has three social workers (two Masters Level and one Bachelors level) on staff to assist clients with information, assistance, outreach, counseling and advocacy services.

~1825 different seniors served

166 different seniors helped each month

## Financial Assistance

109 Seniors received \$28,918 towards rent and utility bills.

(These funds are provided by community partner organizations and our new Senior Emergency Assistance funds.



"Love this place and the people. A great place to be. Thanks to you!"

## Information & Assistance

5,081 referrals made to other agencies

637 referrals from other agencies to social workers

## Volunteers

82 volunteers provided 5,412 hours of service at the Senior Center

## Food Assistance

23 referrals to God's Pantry

230 clients received a Thanksgiving food box

350 Standard Senior Farmer's Market Vouchers were issued

50 clients were part of a new Farmers Market pilot program

16 SNAP applications completed

**Commodities** - monthly food box

162 seniors receive the monthly commodities food box each month, all of them were delivered. We are the only Fayette County site that offers delivery.

## Medicare Open Enrollment

144 seniors assisted with open enrollment

15 seniors enrolled in a Medicare Savings Plan



## SEMP-Senior Emergency Medical Program

106 seniors provided with mobility equipment, incontinence supplies, etc.

19 different referral agencies, primarily from medical clinics





# Satellite Centers

# 2023

## AGE OF PARTICIPANTS

26.2%	60-69 years old
46.5%	70-79 years old
27.0%	80+ years old

## 2023 PARTICIPANTS

**351** different seniors  
**38** new seniors joined

## GENDER



FEMALE	88.3%
MALE	11.7%

**26.0%** of participants live alone

## ETHNICITY

AFRICAN-AMERICAN	16.9%
ASIAN-AMERICAN	2.3%
CAUCASIAN	55.4%



## FITNESS SPOTLIGHT

**(195 different seniors participated 4,104 times)**

Chair Yoga	101
Line Dancing	79
Get Up and Go	47
Funk Yoga	31
Indoor Pickleball	8



## Recreation

**(220 seniors participated 6,896 times)**

Ceramics	78
Crafts	71

## Music/Education

**(74 seniors participated 3679 times)**

Monday Club	67
Lectures	51
Sign Language	20
Drumming	14
Book Buddies	10



# Senior Programs at the Bell House

**545 Sayre Avenue  
(859) 233-0986**

Monday through Friday, 8 a.m. - 4 p.m.

Senior classes at the Bell House are free and open to all Fayette County residents ages 60 and over.

This historic building is lovely with vaulted ceilings, stained glass windows and unique fireplace tiles in each of the rooms. The accessible entrance is located on the side of the building.

## Creative Activities

- Oil & Acrylic Painting
- Watercolors - materials provided
- Ceramics - glazes and stains provided
- Crafts
- Knitting & Crocheting - materials provided



## Social/Educational Activities

- Monday Club
- Drumming
- Bridge

## Fitness

- Chair Yoga
- Advanced Line Dance at Carver Center)
- Intermediate Line Dance (at Carver Center)



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# Eldercrafters at the Black & Williams Neighborhood Center

**498 Georgetown Street  
(859) 252-1288**

Mondays through Thursdays 9:30 a.m. to 2 p.m.  
Eldercrafters is free and open to all Fayette County residents ages 60 and over.

This facility has a fully equipped ceramics room with plenty of space and a new kiln. The accessible entrance to this facility is near the large back parking lot and in close proximity to the program spaces.

## Creative Activities

- Ceramics – green ware, bisque, glazes and stains provided
- Needle crafts – knitting, crocheting, embroidery
- Sewing – machines and thread provided
- Jewelry Making –all supplies provided



## Social Activities

- Games
- Movies
- Sign Language Classes

## Fitness

- Active Aging
- Chair Yoga



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# Senior Programs at the Charles Young Center

**540 East Third Street  
(859) 246-0281**

Mondays & Fridays, 9 a.m. to 1 p.m., Wednesdays, 9 a.m. to 3 p.m.  
Activities are free and open to all Fayette County residents ages 60 and over.

This historic facility has a recently renovated full size gymnasium. An easily accessible entrance is located through the gym and a lift is available to get to the program space on the first floor.

## **Creative Activities**

- Craft projects - Materials provided



## **Social/Educational Activities**

- Lectures

## **Fitness**

- Get up and Go
- Beginning Line Dance
- Pickleball
- Chair Yoga
- Funk Yoga



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# Community Involvement

2023

The Division of Aging and Disability Services is leading the charge for Lexington's designation as an Age Friendly Community and is the champion organization for Dementia Friendly Lexington. The intentional housing committee (Reimagining Home) under Age Friendly Lexington continues its work to advocate and educate the community on a variety of possible housing options that encourage aging in place.



Dementia Friendly Lexington launched a formal process for customer facing businesses to achieve Dementia Friendly designations. This means that 100% of management and at least 50% of frontline staff have completed awareness training. All four of our Senior Centers plus 36 other businesses in Lexington achieved this designation so far.



Representatives from the Division are involved and serve on a number of committees that provide educational conferences in the community. These include the following: the GAP Conference (Grandparents and Relatives as Parents), I know expo, Embracing the Next Best Years Conference, Bluegrass Elder Abuse Prevention Conference and the Senior Intern Program

The Division Director sits on two mayor appointed commissions with members from the community and are charged with identifying gaps in services and advising the Mayor and Council on issues that affect our community.



The Friends of the Lexington Senior Center is an all volunteer 501c(3) organization whose mission is to serve the Lexington Senior Centers and the seniors who use them. They are currently fundraising to fill the budget gap, if any, to ensure that the facility is as nice 10 years from now as it is today. They have an Endowment Fund and Charitable Giving Fund at the Blue Grass Community Foundation.

- Received a grant from the KY Arts Council to offer 2 Lexington Philharmonic Concerts at Life Lane
- Purchased new fitness equipment
- Replaced 8 worn out sewing machines
- Funded a client benevolent fund for senior center social workers to access needed supplies not available from other sources
- Held a fundraising GALA and recognized three Lexington Luminaries for their contributions to the community



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# Contact Information

**Lexington Senior Center**  
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## **Charles Young Center, 540 E. Third St., Lexington KY 40508**

Katherine Dailey	kdailey@lexingtonky.gov
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## **Eldercrafters Program, 498 Georgetown St, Lexington KY 40508**

Joann Turner	jturner@lexingtonky.gov
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## **Support Staff**

Security	Garnett Mundy
Facilities	Bo Parker & Rosa Castro
Fitness Center	Carol Drury, Tammy Hill-Fast, Cindee Cornette

